A BRIEFE METHOD OF CATECHIZING.

Wherein are handled these foure Points.

1. *How miserable all men are by nature.*
2. *What remedie God hath appointed for their deliuerance.*
3. *How they must liue that are deliuered.*
4. *What helpes they must vse to that end.*

The same points are also contracted, and a forme of examining Communicants added, with Graces before and after meate.

1.Pet.3.15,16.

Be ready alwayes to giue an answere to euery man that asketh you a reason of the hope that is in you, with meeknesse and feare.

The 33. Edition.

(Stephen Egerton)

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To the Christian Reader.

OBseruing by the often and many Impressions of this little Catechisme, the generall passage and good acceptance it hath had with many people, I was moued once more to peruse and amend it, especially in regard of the Quotations; being much grieued that I did not take this taske in hand, during the life of that blessed Seruant of God, and faithfull Minister of the Gospell of Iesus Christ, from whom I had the first proiect thereof, and by whom I was drawn to put it to the Presse; by whose death the Church wherein he liued lost a most vigiliant Pastor, and I a most true and ancient Friend, faithfull and louing as *Ionathan* to *David*: by meanes of which losse I did vnwillingly vndertake this small labour: yet something I thought good to doe herein.

M. William Lyndsel, late Pastor of *Marham* in *Northhamptonshire*.

The adeditions, detractions, and alterations which I haue made, are very few and small, and such as (I hope) neither

ther the iudicious will dislike, nor the vnlearned stumble at. The chiefe thing I desired and endeuoured, was that the Quotations might be more fit & plentifull: Which thing If I haue (as my hope is) in some measure attained vnto, then let me require thee to keepe in remembrance, and put in practice my former Admonition, which was, that the Scriptures quoted in the Margent might be diligently searched, and compared with the answere which they are brought to proue. For by this meanes, though thou proceed more slowly, yet thou shalt walke more surely, and profit more soundly by this Christian and necessary exercise of Catechizing; when by this meanes thy faith and conscience shall be grounded not vpon the weake and vnperfect speeches of sinfull men, but vpon the pure and sure wordes of the Spirit of God. To whose most blessed and holy direction and blessing, I commend and commit thee now and euer.

Thine in the Lord,

ST. EGERTON.

Places of Scripture, shewing the necessitie and antiquitie of Catechizing, as well priuately as *publikely*.

Testimonies.

THese words which I command thee this day, shall bee in thy heart, and thou shalt rehearse them continually (setting an edge vpon them) vnto thy Children: and thou shalt talke of them when thou tarriest in thy house, &c. Deut.6. 6,7,8.

For precept must bee vpon precept, precept vpon precept, line vnto line, line vnto line, here a little, and there a little. Esa.28.10.

Therefore leaving the doctrine of the beginning of Christ, let vs be led forward to perfection, not laying againe the foundation of Repentance from dead workes, and of Faith to God, &c. Heb.6.1,2

And the Lord said, Shall I hide from Abraham *that thing which I doe? For I know him, that he will command his Sons, and his Houshold after him, &c.* *Abraham.* Gen. 18.1.

Dauid. 1.Chro.28 9,10. *And thou* Salomon *my Sonne, know thou the God of thy Father, and serue him with a perfect heart, and with a willing mind, &c.*

Christ. Mat.16.15 16,17. *He said vnto them, But whom say yee that I am? Then* Simon Peter *answered and said, Thou art Christ the Sonne of the liuing God. And Iesus answered and said vnto him, Blessed art thou* Simon *the Son of* Ionas, *&c.*

Philip. Acts 8.30, 31,35,36, 37. *And* Philip *ranne thither, and heard him reade the Prophet* Esaias, *and said, But vnderstandest thou what thou readest? And he said, How can I, except I had a guide?*

Bathsheba. Prou.31.1, 2. &c. *The words of King* Lemuel: *A Collection of the Precepts which his Mother taught him, What, my Sonne, &c.*

A PRAYER BEFORE the Exercise.

MOst blessed Lord and Heauenly Father, we acknowledge & confesse before thy Maiestie, that we are dull to conceiue, weake to remember, hard to beléeue, and slow to practise the wholsome instructions, fearful threatnings, and gracious promises of thy heauenly word. Wherefore we humbly beséech thée to bee present with vs at this time, to teach vs and blesse vs, and to make this Exercise of thy holy Word, powerfull and profitable vnto vs. O Lord enlighten our minds, that we may vnderstand; open our hearts, that wee may beléeue; and so strengthen our memories, that we may hide and lay vp thy promises, precepts and threatnings in our hearts, to kéepe vs from sinning against thée. And though by the corruption of our nature, wee

thinke

thinke euery good thing tedious and vnsauoury, yet we pray thée to sanctifie and swéeten the same vnto vs by thy holy Spirit, that wee may finde more comfort therein, then in any worldly or bodily exercise whatsoeuer. And grant, O Lord our God, that this true ioy and sound delight may make vs watchfull to redéeme the time, and constant in performing this holy duty, to the daily increase of Faith, and a good conscience, to thy Glory & our owne Saluation, through our Lord and Sauiour Iesus Christ: to whom with thee and the Holy Ghost, be giuen all Honour and Glory for euer.

Amen.

A BRIEFE METHOD of Catechizing: wherein are handled these foure Points:

1. *How miserable all men are by nature.*
2. *What remedie* GOD *hath appointed for their deliuerance.*
3. *How they must liue that are deliuered.*
4. *What helpes they must vse to that end.*

Certaine generall Questions.

Q. OF what Religion are you?

A. Of the Christian Religion. *Religion.* Acts 11.21

Q. What Religion is that?

A. That which teacheth men to looke for true and eternall happinesse by Christ alone. Acts 4.12.

Q. Where is this Religion taught?

A. In the holy Scriptures of the Old and New Testament, which are giuen vs of God, to testifie of Christ to bee a perfect Rule of sound Doctrine and good life. *Scriptures.* Iohn 5.29. 2.Tim.3.16

Q. What

Q. What learne you generally out of the Scripture?

Iohn 17.3. Rom.7.9. A. Two things: The knowledge of God, and of our selues, wherein standeth our true happinesse.

Q. What is God?

God. Iohn 4.24. & 8.58. A. God is a spiritual Essence, that hath his being of himselfe.

Q. What be the properties of God?

Exod.3.14 Act. 17.28 Esay 42. 8. A. They be of two sorts: some are incommunicable with the Creatures, and some are communicable.

Q. What bee his incommunicable properties?

1.Iohn 1.5 Reuel.1.8. 1.Kin.8.27 A. Simplenesse without mixture, Eternity without beginning or end, and Infiniteness or Incomprehensibleness.

Q. What be his communicable properties?

Ios.24.19. 1.Tim.1.17 Reuel.1.8. Gen.18.25 Mat.19.17 Iam.1.17. A. They are chiefly fiue: Holinesse, Wisdome, Power, Iustice, and Goodnesse: al which are Eternal, Infinite, and Vnchangeable like himsefe.

Q. Is there any more but one onely true God?

Mat.12.29. 1.Iohn 5.7 A. No: but this one God hath made himselfe knowne to vs in three seueral per-

Persons, the Father, the Sonne, and the Holy Ghost.

Q. What are the workes of God?

A. They are generally three, whereof the first is the decreeing and foreappointing of al things before all time to his owne glory. *Decree.* Acts 15.18 & 2.23. Pro.16.4.

Q. What speciall things hath God fore-seene and appointed?

A. Hee hath appointed some men (called therefore his elect or chosen) to eternall glory, & others to eternal fire. *Predestination.* Mat.25.46 Rom.9. 22,23. 1.Thes.5.9

Q. What is the second worke?

A. The making of all things in the beginning exceeding good in their severall kinds. *Creation.* Gen.1.31. Col. 1.16.

Q. What is the third?

A. The ruling and governing of all things most wisely, mightily, and righteously. *Government* Pro.16.33. Mat.10.19 2.Chron. 11.4.

Q. How did God make Mankind?

A. He made the Man of the dust of the Earth, and Woman out of Man, and both of them as well Male as Female in his owne Image. Gen.2.7. 21. and 1. 26,27.

Q. Wherein standeth this Image of God?

A. Chiefly in these three things: Col.3.10.

Know-

Ephe.4.24 Knowledge, Righteousnesse, and true Holinesse.

The first principall Point.

Q. Did man and woman thus made, continue in this holy & blessed estate?

Mans fall. Gen. 3.12. Eccl. 7.31. A. No: they fell from it, and became most vncleane, cursed, and miserable Creatures.

Q. How did they fall?

2.Cor.11.3 1.Tim.2.14 A. By the enticement of the Deuil, and their owne wilfull disobedience, in breaking the Commandement of God.

Q. What came to vs their Posteritie thereby?

Originall guiltinesse and corruption. Rom.5.12. Gen.6.5. 2.Cor.2.4. Iob 5.7. Ps.51.4.16 Iohn 3.4. Dan.6.8. Mat.6.12. A. Three things: Guiltinesse of their sinne, corruption of nature, bondage to Satan, and continuall sinning against God, in thought, word, and deed.

Q. What is sinne?

A. Sin is an offence against God, or a breach of Gods Law.

Q. What is guiltinesse?

A. The merit and desert of sinne, making the Creature sinning, subiect to wrath and punishment.

Q. What

Q. What is the punishment of sinne? *Punishment*

A. The losse of Gods fauour and former happinesse, with the due deserving of all plagues in this World, and Hell fire in the World to come. Gen. 3.22. Deu.28.61 Rom.6.23. Mark.9.44

Q. How came these things to vs their Posteritie by their fall?

A. Because Adam and Eue were the common Parents of vs all, and the very Stock and Root from whence all Mankind did spring. Mal. 1.10. Heb.7.9.10

Q. Are all men Sinners then?

A. Yea: all haue sinned and failed of the glory of God: There is none that doth good, no not one. Rom.3.10, 11,12. 1.Kin.8.46 1.Joh.1.6.7

Q. And are all subiect to this punishment?

A. Yea: all without exception are the children of wrath, and bond-slaues of Satan. Rom. 6.23 Ezec.18.4.

Q. How may wee be touched with the sense and feeling of our sinnes?

A. If wee consider the multitude, and hainousnesse of them, being committed against the glorious Maiesty of God, and his most pure and vndefiled Law. Deut.32.6. Psal.40.12 1.Cor. 10. 22. Heb.10.31 & 12.29.

Q. How may wee be touched with

feare

Deut.28. 15,16. Marke 9. 43,44.

feare and horror of the punishment?

A. If wee consider how many and how grieuous Gods Iudgements are in this Life, and how intolerable and endlesse in the Life to come.

Q. What ought this feeling & feare to worke in vs?

Leu.13.41 Iob 42.6. Mar.11.28 Lu.5.17,18

A. An vtter lothing and dislike of our selues, with an earnest desire and careful labouring after the remedy prescribed in the Gospel.

The second principall point.

Remedie.

Q. What remedie is there against this misery?

Acts 4.12. Rom.7. 24,25.

A. None at al, eyther in our selues or in any Creature, but onely in Iesus Christ.

Q. What is Christ?

1.Cor.1.30 *Christ.*

A. The eternall Sonne of God, and second person in Trinity, both God and Man.

Q. How came Christ to be Man?

Iohn 1.14. Luke 1.35

A. By taking our nature to himselfe, beeing conceiued by the Holy Ghost, and borne of the Virgin Mary.

Q. Why was it needfull hee should be Man?

A. Be-

A. Because he could not haue dyed and satisfied for mans sinne, except he had taken mans nature. *Christ man.* Iohn 1.14. Luke 1.35.

Q. Why was it needfull hee should be God?

A. Because else he could not haue ouercome Death, and performed that perfect satisfaction and righteousnesse which the Diuine Iustice required. *Christ God.* Heb. 4.14. & 7.52.

Q. What hath Christ done for man?

A. He hath fully pacified Gods infinite anger against the sins of all the elect freeing them from sin and death, by his death and sufferings, and so is made our Redemption. *Redemption.* Ioh.10.11. & 17.9. Heb.5.7. Eph.5.2. 1.Co.1.30

Q. What else hath he done?

A. He hath fulfilled for them that perfect Righteousnesse, which the Diuine Iustice required, and so is made our Righteousnesse. *Righteousnesse.* Mat.3.15. Rom 10.4. 1.Co.1.30 2.Co.5.11

Q. What blessing and reward doe men reape by the obedience and Righteousnesse of Christ?

A. By him they haue Adoption, that is, they are made the children of God, and heires of eternall Glory. *Adoption.* Iohn 1.12 Gal.4.5. Eph.1.5.

Q. What else hath Christ done for vs?

A. Hee hath sanctified our nature in *Sanctification.*

Rom.8.2. 1.Co.1.30 Heb.2.11. Ioh.17.19.

his owne person, and doth sanctifie vs daily by his Spirit, and so is made our Sanctification.

Q. Do men perfectly enioy all these benefits in this life?

Sanctification imperfect. Ioh.13.10. Rom.7. 23,24. 1.Iohn 3.1

A. They are fully iustified in the sight of God, & adopted into the number of his Children: but not wholly freed from sinne till after death.

Q. How then can any thing that proceedeth from vs, be pleasing to God?

Intercession Rom.8.34. 1.Iohn 2.1 1.Pet.2.5.

A. Because Christ, sitting at his right hand a Mediatour, maketh our duties (though weake and imperfect) acceptable to his Father.

Q. Who are partakers of these benefits by Christ?

Mat.11.28 Iohn 6.33.

A. Onely such as come vnto him, that is, which beléue in his Name.

Q. What is it to beleeue in Christ?

Faith. Mat.1.21. Luke 2.11. Iohn 1.12. & 3.16.

A. To be truly perswaded that hée is a Sauiour euen to vs.

Q. What encouragement haue we to beleeue in Christ?

Mat.5.36. Iohn 6.29. & 3.16. Acts 16. 30,31.

A. Because we are commanded and exhorted so to doe, and for that hé is offered frely vnto vs of God, with this onely condition, to beléue in him.

Q. Is

Q. Is it for the worthinesse of our faith that we are saued?

A. No: (for we beléeue in part) but onely for the worthinesse of Iesus Christ, vpon whom faith layeth hold. Mat. 9.24. 1.Cor.13.9 Luke 17.5. Heb.10. 15,16.

Q. Is it in our power to beleeue?

A. No: it is the gift of God to his Children, wrought in their hearts by the holy Ghost, through the preaching of the Word. Ephes.2.8. Acts 13.48 Rom.10.17 Gal.5.22.

The third principall point.

Q. Seeing wee are saued onely by Christ through faith, may we now liue as we list?

A. No: for the Gospell teacheth vs to deny all vngodlinesse and worldly lusts: and Christ dyed to purge vs to himselfe a peculiar people, zealous of good workes. Titus.2.11 12, &c. 2.Tim.1. 19.

Q. What workes are to bee accounted good workes?

A. Such as proceed from faith, and be done to the glory of God, & grounded vpon the Word of God. *Good worke* Acts 15.9. Heb.11.6. 1.Cor. 10. 31. Rō. 14.13.

Q. What call you the first and continuall worke of Gods Spirit in the faithfull?

Repentance

Mat.3.7,8, & 12.33, 34,35.

A. Repentance: that is, such a changing and renewing of the heart, as bringeth forth a new life and conuersation.

Q. What be the parts of repentance?

Reu.12.11 Rom.6.11. Eph.4. 22, 23.

A. Two: that is, dying to sinne, and liuing to righteousnesse: or the putting off the old man, & putting on the new.

Q. Whence doe these two spring?

Rom.6.3, 4,5. Ioh.15.1,2

A. From the power and vertue of Christs Death and Resurrection, into whom we are ingrafted by Faith.

Q. Wherein doth Repentance chiefly appeare?

Rom.2.28, 29. & 7.22 & 12.2. Eph.4. 22,23.

A. In the changing of the thoughts, affections & purposes of our hearts.

Q. Why should we repent and doe good workes, seeing wee are not saued by them?

Motiues to Repentance and good workes.

Eph. 2.10. 1.Cor 6. 9,10.

A. Because God requireth them at our hand: and that no vnrighteous person shall enter into the Kingdome of God.

Q. Wherefore else?

Mat. 5.16. 2.Pet. 1.9. 1.Pet. 2.9.

A. To glorifie God our heauenly Father, and to shew our selues thankfull for all his benefits, especially for our Redemption by Iesus Christ.

Q. Is

Q. Is there any other reason?

A. Yea: for by this meanes we may win others to God, & make sure our owne calling & election to our selues. 1.Pet.3.1. 2.Pet.1.10 &2.12.

Q. How can wee haue any assurance of our calling and election by workes?

A. Because they shew whether our faith in Christ bee true or counterfeit, liuing or dead. Gal.5.6. Iam.2.14. 1.Iohn 2. 6,7.

Q. What workes doe chiefly shew this?

A. Peace of conscience, vprightnes of heart, the true feare & loue of God and our brethren, striuing against sin, victory ouer the World, and such like. Rom.5.1. & 2.29. Ioh.21.17. Ioh.13.14. 1.Iohn 5.4

Q. What other witnesses haue the faithfull?

A. They haue the Spirit of God bearing witnesse to their spirits, that they be the Children of God. Rom.8.16. Iohn 5.6, 7,8.

Q. Doe these witnesses neuer faile the faithfull?

A. They may be ouershadowed in them by the malice of Satan, and conscience of sinne: but neuer finally and wholly taken away. Luk.12.31 32,36,37. Psal.51.9, 10,11.

Q. Why so?

A. Because they are grounded vp-

Eph.1.4. Heb.6.13. Ioh.10.28. on the euerlasting purpose, and faithfull promise of Almighty God.

Q. Doe our workes deserue nothing at Gods hand?

Phil.2.13. Luk.17.10 Heb.11.6. Esay 64.6. Gal.5.17. A. No: for they are his owne works in vs, and a debt most due to him: besides in vs they are spotted and imperfect: and finally, we are freely iustified by faith before we doe them.

Q. These are strong perswasions to liue godly: but is there no reward for good workes?

1.Tim.4.8. Mat.19.19. 1.Cor.15.58. 2.Cor.4.17 A. Yea: exceeding great, both in this life, and especially in the life to come.

Q. Commeth this of the worthinesse or merit of our workes.

2.Tim.4.8. Rom.6.23. Heb.6.10. A. No: but onely of the free fauour and faithfull promise of God, through the merit & obedience of Iesus Christ,

Q. What other spurre haue wee to good workes?

Psal.116.12. Heb.13.6. Act.17.28. A. The liuely remembrance of Gods benefits past and present, and his promise of assistance in time of need.

The fourth principall point.

Q. What meanes hath God appointed

ted to continue and increase his graces in vs?

A. They are generally of two sorts: publike, and priuate. 2.Sam.6. 13,14,20.

Q. What shall we say of them, which want both these?

A. That their estate is very fearful, & for ought we know, plain damnable. Eph.2.12. Pro.29 18.

Q. And what of such as hauing the meanes, do either refuse or abuse them?

A. That they bee farre more inexcusable before the Iudgement Seate of God. Act.14.16. 2.Chron. 15.3.

Q. How must these meanes be vsed? Mat.11.22 1.Tim.2.1

A. With such wisdome, vprightnes, feruency, humility & constancy as we may feele fruit and comfort thereby. Mat.28.18 19,20. Act.15.21.

Q. What are the publike meanes? 1.Cor. 11. 23.

A. They are foure: Prayer, the Word preached, Sacraments, and Discipline. Mat.18.15 Psal.50.15 Col.3.17. Dan.9.5. &c.

Q. What is Prayer?

A. It is a religious calling vpon God alone, in the name of Christ, craueing the things we want, and giuing thankes for those we haue. Iam.1.6,7. & 4.3. & 5.16.

Q. When doe men pray aright?

A. When they aske things law-

Luk.15.17 Gen.18.27 Mat.11.25 full to a right end, & come with faith in Christ, feeling of their owne wants, reuerence of God, and loue to their brethren.

Iam.5.16. Luke 18.12,&c. 1.Thes.5.17. *Preaching.* Neh.8.8. Luke.4.21. 1.Co.14.3 2.Tim.3.16. Q. What else is required in Prayer?

A. It must bee feruent and earnest, and also constant and continuall.

Q. What call you preaching?

A. When the Word of God is truely expounded, and profitably applyed, with doctrine, exhortation, rebuke and comfort.

Rom.1.16. Luke 8.18. Acts 17.11 Luk.11.28 Q. How may we profit by the word preached?

A. If being perswaded that it is Gods ordinance, we come with prayer, heare with attention and application, and after call to minde what wee haue heard, to put in practice.

Reading. Act.13.15. 1.Cor.14.24,25. Q. What say you of the Word read?

A. It is a part of Gods Ordinance, yet much more effectuall when it is preached.

Thus much of Prayer, and of the Word.

Sacrament. Rom.4.11. 1.Cor.10.16. Q. What is a Sacrament?

A. It is a holy signe and seale ordained of God, to assure vs of his loue to vs

vs in Christ, and to testifie & confirme our faith and obedience to him, & our loue and fellowship one with another.

Q. How is it a signe, & how is it a seal?

A. It is a signe; because it setteth forth Christ & his benefits to the outward senses of all: and a seale, because it doth effectually apply the same to the faithfull Receiuer. 1.Cor. 10. 1,2,3,4. Marke 16. 15,16. Gal.3.27.

Q. How many Sacraments be there?

A. Two: Baptisme, and the Lords Supper. 1.Cor.10. 2,3,4.

Q. What is Baptisme?

A. The Sacrament of the new and spirituall birth, assuring vs by the due sprinkling of water, that we are cleansed from our sinnes by the blood of Christ, and sanctified by his Spirit. *Baptisme.* Acts 22. 6. 1.Iohn 3.5 Ichn 3.5. Titus 3.5. 1.Co.6.11

Q. What else doth it teach and assure vs of? Ro.6.4 &c

A. Dying to sin, and liuing to righteousnesse: it is also a pledge of the resurrection of our bodies after death. 1.Cor. 15. 29. Rom.6.12

Q. Why are wee baptized in the name of the Father, the Sonne, and the Holy Ghost? Mat.28.19

A. To teach & assure vs of our communion with one God in 3. persons. 1.Iohn 1.3 Col.2.6. 1.Co.1.13

Q. Why

Q. Why are Infants baptized?

Gen.17.7. & 21.4. 1.Cor.7. 14. Acts 2.39. A. Because the couenant and promise of God is made to the Faithfull, and to their Seed.

Q. What is the Lords Supper?

Lords Supper. 1.Cor. 10. 16. Iohn 6.51. A. The Sacrament of our spirituall nourishment, assuring vs by bread and Wine, duly giuen and receiued, that by Christ wee shall bee nourished to eternall life:

Q. May all that professe Christianity, bee admitted as fit and worthy Receiuers?

1.Cor. 11. 28,29. A. No: but onely such as can, and also doe diligently proue, examine, and try themselues.

Q. Wherein must Christians examine and proue themselues?

Prou.19.2. 2.Cor.13. 5. Luke 13.5 Mat.6.12. & 5.23. A. Whether they know the grounds of religion, beléue in Christ, hate their sinne, and loue their brethren.

Q. What if men cannot finde those things in themselues?

1.Cor.11. 27,29. Exod.20.7 A. Then they must forbeare till God haue wrought them, vsing carefully all other helps appointed for that purpose.

Q. What

Q. What if they finde them weake and feeble?

A. Then they may and ought to receiue, to be further strengthned. Mat.11.28 & 12.20.

Q. What is Discipline?

A, That order and power which God hath left to his Church to auoide offences, and to recouer such as do fal. *Discipline.* Mat.18.15 16.&c.

Q. What is this power called in the Scripture?

A. It is called the Keyes of the Kingdome of Heauen, and the power of binding and lossing. Mat.16.19 Luk.11.52

Q. Why so?

A. Because the repentant are as it were losed, and let into Heauen, by applying the promise of forgiueneſſe of sinnes, and the obstinate bound and shut out. Ioh.20.23. Luke 7.50. Acts 8.23. 37. 1.Cor.5.5.

Q. Is it lawfull for euery man to preach & to administer the Sacraments and Discipline, and to pray publikely?

A. No: it is vtterly vnlawfull for any man, except he be lawfully called thereunto. Rom.10.15 Heb.5.4. 2.Sam.6.7. 2.Chron. 26.18,

Q. May we not rest in these publike meanes?

A. No: for we cannot alwayes haue 1.Sa.26.19

them,

Psal.4.4. Act.17.11. Mat.6.6. them, and the Word of God, and our infirmitie requireth priuate also.

Q. What is the first priuate helpe?

Reading. Luk.10.26 Mat.24.15 Reu.1.3. Deu.17.19 2.Tim.1.13 Dan.9.2. Deut.7.18 19.20. Acts 17.11 A. Reading of good Bookes, and especially the Booke of God, fitly called the Bible, as if it were the onely Book of all Bookes.

Q. What is the fruit of reading?

A. It is a meanes to increase knowledge and conscience, and to make vs heare the Word with more fruit.

Meditation Psal.119. 15,27,97. Rom.15.4 *Q.* What is the second priuate helpe?

A. Meditation: that is, an earnest thinking vpon profitable things; as the Words & Works of God, his Iudgements and Mercies towards others, but especially towards our selues.

Q. What is the fruit of meditation?

Psal.1.2. Mat.6.20, 21. Psal.119. 15, 27, 97. Col. 3. 12. A. Not only to keepe the minde free from wicked and idle thoughts, but also to fill it with some holy and profitable matter.

Q. What is the third helpe?

Prayer. Col.4.2. 2.Tim.4.5 Mat.6.6. A. Prayer which must bee daily offered vp to God in priuate, that hee may haue the glory of pardoning our daily sins, and of sanctifying our food, labours, and rest vnto vs.

Q. What

Q. What is the fourth helpe?

A. Godly conference, instructing, rebuking, exhorting, comforting one another in wisdome and loue. *Conference.* Heb.3.13. and 10.24. Exod.18.8 Mal.3.16.

Q. What is the fifth helpe?

A. A carefull practice of that wée know, without which wée shall neuer truly tast the vertue of Religion, and power of Godlinesse. *Practice.* Iohn 7.17. & 13.10. Luke 8.18

Q. Are the labours of our calling any hinderance of godlinesse?

A. No: but great helps, if they bée performed in due time, with conscience, chérefulnesse, and moderation, not quenching the loue and care of better things. Eph.6.5. &c. Acts 18.3. & 20.34.

Q. How shall wee attaine this moderation?

A. If wée be truly perswaded, that our happinesse consisteth not in outward things, but is laid vp for vs in the life to come. Luk.12.15 Heb.11.13 14,15,16. Mat.16.26

Q. What helpe receiue Christians from Gouernours & Magistrates, both priuate and publike?

A. Very great: for by their authoritie they are bridled from sinne, and encouraged in Vertue, and vnder *Gouernours* 1.Tim.2.2. Ro.13.3,4. Psal.72.7.

them

them liue a godly and peaceable life.

Q. What will the enioying and right vse of all these meanes worke in Gods Children?

1.Cor.6.11 Ephes.5.8. Act.26.18. Philem.16

A. A most happy and comfortable change from that which they were before, euen in this life.

Q. What becommeth of them after this life?

Luk.16.22 & 23 45. Mat.25.46 Reu.20.13 1.Thes.4. 16,17.

A. The soule goeth immediatly into the Paradise of God, and the body shall be raised vp at the last day, & ioyned with the same in glory for euer.

The foure principall points, contracted and diuided into euen parts: euery part contayning *ten Questions.*

Q. WHat is the estate of euery naturall man?

Misery. Eph.2.2,3. & 4.17,18. Rom.7.24 Esay 59.2. Rom.6.23. & 3.25.

A. Very miserable, and in no wise to be rested in.

Q. What maketh his estate so bad?

A. Two things: sinne and the punishment thereof.

Q. What

Q. What call you sinne ? 1. Iohn 3.4 Psal.51.4.

A. Euery breach of Gods Law. Esay 1.16.

Q. How doth man brake the Law of God? Dan.9.6. Eze.33.31

A. By doing things forbidden, leaning things commanded, or failing in the manner. Nũ.20.10. Esay 64.6. Deut.27. 25. & 28. 15.&c.

Q. What is the punishment of sin? Luke 16. 23,26.

A. All miseries in this life, death in the end, and Hell euer after. Prou.15.9. & 21.27.

Q. Is sin such a grieuous thing? Esay 1. 13. 14. &c.

A. Yea: it is the most hainous and loathsome thing in the world. Ier.2.19.

Q. How appeareth that? Mat.9.43. 44.

A. Both by the punishment, and by the person against whom it is committed. Iob 34.18. Reu.19.16

Q. Who is that? Esay 6.3.

A. Almighty God, whose Holinesse, Power, Iustice, and Goodnesse is infinite and vnspeakable. 1.Sã.2.25. 1.Cor. 10. 22. Psal. 36.5.

Q. What shall a man do in that wofull estate? Deut.32.4 Heb.10.31 & 12.29.

A. Bewaile his misery, and hasten to get out of it. Luk.15.17 Acts 2.37. & 16.29,30

Q. Is he able of himselfe to doe this? Heb.12.1.

A. No: and besides he hath three Enemies, the Flesh, the Deuill, and the World, Luk.11.21. Eph. 6.12.

World, that will labour to hold him in it.

The second Part.

Q. Where shall a man find helpe?

Deliuerance. Acts 4.12. A. Onely in Iesus Christ, the onely begotten Sonne of God.

Q. What hath hee done to deliuer man out of miserie?

Iohn 1.14. Mat. 3.15. A. He became man, and in our nature fulfilled all righteousnesse, doing and suffering whatsoeuer belonged to the ful satisfaction of the Law, and Iustice of God.

Q. How hath he done this?

Gal. 3.13. Rom. 4.25. A. By bearing for vs the punishment which the Law threatned, and fulfilling the righteousnesse, which the Law required.

Q. How did Christ beare the punishment due to sinne by the Law?

Mat. 2.14. Luke 9.58 Phil. 2.8. Luke 3.51 A. By enduring manifold miseries all his life time, and in the end the wrath of God, and the cursed death of the Crosse.

Q. How did he worke the Righteousnesse required by the Law?

Mat. 3.15. A. By being obedient to the will of

of God, in thought, word, and deed, all his life long. 1.Pet.2.22 Heb. 7.16.

Q. What benefit haue men by Christ his death and sufferings?

A. Deliuerance from sinne, and the punishment thereof. 1.Cor. 15. 56,57.

Q. And what by his righteousnesse and obedience? Heb.2.14, 15.

A. The fauour of God, and euerlasting happinesse. Rom.5.18, 19.

Q. How may men obtaine these benefits by Christ? Gal.4.4, 5,4.

A. Onely by a true faith in him. Iohn 1.12.

Q. What is a true faith in Christ?

A. An assurance, that by his sufferings our sinnes are forgiuen: and by his righteousnesse the fauour of God, and euerlasting life is obtained for vs. Iohn 6.69.

Q. Is it in our power to beleeue?

A. No: it is the gift of God by the working of the Spirit, through the preaching of the Gospell. Rom.1.16, 17.& 10.17 Ephes.2.8. Gal.5.22.

The third Part.

Q. Shall all Beleeuers haue benefit by Christs death?

A. All that doe truly beléeue shall: but there is a dead faith that profiteth nothing. *Godly life.* Iohn 3.16. Iam.2.14.

Q. How is the true Faith perceiued?

Iam.2.18. 1.Iohn 3.3 A. By the fruits thereof, and namely by Repentance.

Q. Why so?

Luk.19.8,9 Acts 15.9. A. Because wheresoeuer Gods Spirit worketh true Faith, there hée worketh Repentance also.

Q. What is Repentance?

Mat 3.8. Rom.12.2 Esay 1.16. A. Such a change of the heart, as bringeth forth a reformed life.

Q. Whence commeth this change?

Luke 7.47. 1.Ioh.4.19 A. Especially from the sight and féeling of Gods mercy towards vs in Christ.

Q. From what is the heart changed?

Ioh.21.15. Philem.11 Tit.2.12. 1.Ioh.2.15 A. From the loue of the World to the loue of God: from carelesnesse to conscience, and desire to please God.

Q. What is the change called?

2.Cor.5.17 Gal 6.15. A. It is called in the Scriptures, a new Creature.

Q. How doth it appeare?

Psal.34.14. Rom.12.9. Eph. 4.25. A. When in word and déed we endeuour to abstaine from euill, and exercise our selues in that which is good.

Q. Is this change of heart and minde perfect in any?

A. Not

A. No: wee beléeue not perfectly, and therefore we cannot loue perfectly: but we must striue to perfection. Mat.9.2. 1.Cor.13.9 Heb.6.1,3 Phil.3.1.

Q. How must we striue? 1.Pet. 2.2,

A. By a diligent vse of the meanes which God hath appointed for our increase in Faith and Repentance. 1.Thes.5. 19,20.

The fourth Part.

Q. What are the publike meanes?

A. They are chiefly three: hearing the Word, receiuing the Sacraments and ioyning in Prayer. *Helpes to Godlinesse.* Ro.10.14. Luk.22.19 1.Tim.2.1.

Q. What are the Sacraments?

A. Certaine outward Signes and Seales appointed of God, to assure vs that Christ and all his benefits are giuen to vs. Rom.4.11. 1.Cor. 10. 16.

Q. How many Sacraments are there?

A. Two: Baptisme, and the Lords Supper. 1.Cor.10. 2,3,4.

Q. What doth Baptisme assure vs of?

A. That being ingrafted into Christ, we are washed from our sinnes by his bloud, and borne anew to God. Titus3. 5. 1.Pet.3.21

Q. What doth the Lords Supper assure vs of?

A. It doth further warrant vs, that

1.Cor.10. 16,17.& 11,25,26. Christ is giuen to vs to be our spiritu-all nourishment to euerlasting life.

Q. Who maketh the right vse of the Sacraments?

Acts 20. 11,12. Rom.2.25. A. He that is thereby daily confirmed in faith, and newnesse of life.

Q. Who obtaine this benefit by the Lords Supper?

Acts 8.37. 1.Cor.11. 28. A. Such as come with Knowledge, Faith, Repentance, and Loue.

Q. What is Prayer?

Mat.6.9. &c. Luk.17.15 16,17. Psal.50.14 Col.3.17. A. A craving of those things at Gods hands, which wee want, and a thanking him for those we haue.

Q. When doe men pray aright?

A. When they pray onely to God in the Name of Christ, asking things lawfull, to his glory, with faith, feeling, and loue.

Q. What be the priuate meanes?

Gen.24.63 & 18,19. Dan.9.2. &c. Luk.21.34 Heb.10.24 Psal.119.9. A. Reading, and Prayer, alone, and with others, instructing our families, thinking vpon good matters, admonishing and comforting one another, & watching ouer our owne wayes according to the Word.

A MORE BRIEFE SVMME: WHEREIN the former forty Questions and Answers are brought *to foure.*

Q. WHat is the summe of the first point?

A. That euery man by nature is a most vile & cursed creature, an enemy to God, a bondslaue to sin and Satan, & an heire of eternall condemnation. Gen.6.5. Psal.51.45 Iohn 3.6. Rom.5.10, Ephes.2.1. 2,3.

Q. What is the summe of the second point?

A. That the onely meanes to free vs out of this miserable estate, and to make vs truly happy & holy, is Iesus Christ alone, and the same apprehended onely by faith. Acts 4. 12. & 26.15.18 Heb.2.14, 15. Iohn 1.12.

Q. What is the summe of the third point?

A. That whosoeuer doth truly beléeue in Christ Iesus, is a new creature, daily dying to sinne, and rising againe to righteousnesse and holinesse. Rom.6.2. & 8.1,2, &c. & 7.4. 2.Co.5.17 Col.3.1,2.

Q. What is the summe of the fourth point?

Pro.29.18. Amos 8. 11,12. Rom.10. 14,15. Exod.20.8 & 31.13.

A. That whosoever will continue a new creature, and increase in Grace, must conscionably vse both the publike and priuate meanes, which God hath appointed for that end.

A FORME OF EXAMINING such as are to receiue the Lords Supper: diuided into two parts.

The first Part.

Q. WHerefore do you desire to receiue the Lords supper?

1.Cor.11. 24,25. Rom.4.11.

A. Because it is the Ordinance of God, appointed by him to confirme my Faith.

Q. Doe you then find weaknesse of faith in your selfe?

Mar. 9.24. Luk.17.5.

A. I doe indéed find that my Faith is féeble, and néedeth strengthning.

Q. How perceiue you that?

Ps.116.10. Ro. 10.14. & 8.16.

A. By my coldnes in Prayer, want of Loue, Zeale, Repentance, and good workes.

Q. What

Q. How else?

A. By my feare of death, desire of life, loue of the World, and such like. Luke 7.47. Phil.1.23. 1.Ioh.2.15

Q. These doe plainly argue a weakneſſe of faith: but haue you faith at all, or no?

A. Yea, for I am truely perſwaded of mine owne Saluation by Iesus Christ alone. 2.Cor.5.1. Phil.3.20, 21. Gal. 2.20.

Q. What is the ground of your perſwaſion?

A. The ground of my perſwaſion is the free and gracious promiſe of God, reuealed in the Goſpell. Ro. 10.17. Eph.1.13.

Q. What is that promiſe?

A. That whoſoeuer beléueth in the onely begotten Sonne of God, shall not periſh, but haue euerlasting life. Iohn 3.16.

Q. Why doe you beleeue this promiſe?

A. Because God, who hath so freely made it, is both able and faithfull to performe it. 2.Cor.1.8. Heb.11.19 Ioh.10.29. 1.Cor.1.9.

Q. God in his owne nature is Almightie and moſt true, but what further aſſurance haue you hereof?

A. His word is ſufficient: yet tendring Heb. 6.17.

dring my infirmity, he hath bound it with an oath, and set to his Seale.

Q. How doth he set to his Seale?

Rom.4.11. A. By the ministery of the Sacraments, which the Apostle calleth Seals of the Righteousnesse of Faith.

Q. Why doth he call them so?

Gal.3.27. A. Because by them God doth assure me, and every faithfull Receiuer, that Christ is mine, with all his benefits.

Q. What be those benefits?

Rom.8.29, 30. 1.Co.3.30 A. They be six; Election, Redemption, Justification, Sanctification, Adoption, and Intercession.

Q. What is Election?

Election. Ephes.1.4. A. Our beeing chosen of God the Father in Iesus Christ, to life euerlasting, before all Eternitie.

Q. What is Redemption?

Redemption Luke 7.47 Luke 1.74. Col.2.14. A. Our deliuerance from all our enemies, Sinne, Death, and Hell.

Q. What is Iustification?

Iustification. Phil.3.9. 2.Cor.5.21 A. Christs making sinners accepted, and perfectly righteous in Gods sight, by his owne Righteousnesse imputed and giuen vnto them.

Q. What is Sanctification?

A. Our

A. Our holinesse begun in this life, and to be perfected in the life to come. *Sanctification.* Apoc. 20.6 Luke 1.75.

Q. What bee the parts of Sanctification?

A. Two: whereof the first is the Spirits killing of sinne in vs: and the other his enabling of vs to walke in newnesse of life. *Mortification.* *Viuification.* Rom.6.11.

Q. What is Adoption?

A. It is the Fathers making sinners Sonnes and Heyres of his kingdome in Christ. *Adoption.* Iohn 1.12. Rom.8.17. Ephes.1.5. 1.Iohn.3.1

Q. What is Intercession?

A. The vertus and efficacie of Christs death and obedience, presenting himselfe to God for vs. *Intercession* Heb. 2.17. & 4.14.

Q. Why doth the Apostle say, that Christ is made vnto vs, of God, Wisedome? *Wisdome.*

A. Because as his Righteousnesse, so his Wisedome is imputed & giuen to vs that beléue in him. Rom.5.18, 19. 1.Cor.1. 30,31.

Q. Why doth hee set Redemption in the last place? 1.Cor.6,7.

A. Because wée are not fully freed from all misery till after death. Luk.21.28. Rom.8.23.

Q. And are you sure to be confirmed in all these, by the vse of this Sacrament?

A. Yea

Mat.28.20. Acts 8.39. Ro. 10.13. A. Yea verily: for God will not faile to blesse his owne Ordinance, to euery one that vseth it aright.

Q. Who are they?

Mat.5.23, 44,45. Acts 8. 37. Ro. 14.23. A. Onely such as haue knowledge of Religion, Faith in Christ, Repentance for their sins, with Loue to God and all men, euen their enemies.

Q. Haue you all these?

1.Co.13 7. Heb. 11.6. A. Yea, I thanke my God, in some competent measure, though my wants be many and great.

The second Part.

Q. Let me heare the summe of your Faith?

Faith, or summe of the Gospell. A. I beléeue in God the Father, &c,

Q. How many things doth this ancient & Apostolike Beliefe teach you?

A. It teacheth me what to beléeue, first, concerning God, and secondly, concerning the Church of God.

Q. What beleeue you concerning God?

Mat.28.19. 1.John 5.7 A. That there is one God, and three Persons: the Father the Sonne, and the Holy Ghost.

Q. What

Q. What beleeue you concerning the Father?

A. That he made me in the beginning in his owne Image, & will guide me for euer to his owne glory. Gen.1.26. Psal.73.24

Q. What else?

A. That he hath chosen me before all beginnings, in Iesus Christ, to bee his Child: and therefore I am bold to call him Father. Ephes.1. 3.4.5.

Q. What beleeue you concerning Iesus Christ?

A. That hee is my gracious Lord: because by his death I am free from death and sinne, and by his obedience I haue righteousnesse and life. Ioh.20.18. Rom.14.9. 1.Co.6.20.

Q. What else?

A. That he maketh most effectuall Intercession for me in heauen, whence hee shall come in due time, to deliuer me from all misery. Rom.8.34 Phil.3. 20,21. Heb.9.28.

Q. What beleeue you concerning the Holy Ghost? Ephes.2.8. 1.Cor.3.6. & 12.4.

A. That hee being the power of God, ioyneth me to God, and maketh me (and all Gods Elect) partakers of the mercie of the Father, and of the merit of the Sonne. Luk.11.20 Mat.12.28 Eph.2.18. 1.Co.2.12 Gal.5.5.

Q. What

Q. What else?

1.Cor.12.4 Gal.5.22, 23. A. That it is he alone who worketh all spiritual graces in mée, and that maketh all good meanes profitable vnto me.

Q. What beleeue you concerning the Church?

Gen.43.26 Ro.11.14. A. That there is, and hath béene from the beginning, a number, whom the Father hath chosen, & the Sonne redéemed, and whom the Holy Ghost doth sanctifie and glorifie for euer.

Q. What else?

1.Iohn 1.7 Act.24.15. 2.Cor.5.1. Col.3.4. A. That I being one of the number enioy the forgiuenesse of my sinnes in this life, and that in the end of the World my body shall rise and bée ioyned to my soule in eternall happinesse.

Law of God *Q.* Seeing the rule of Loue is the Law of God, contained in the ten Commandements, rehearse the words.

A. I am thy Lord thy God, &c.

Q. What do these ten Commandements teach vs in generall?

Deut.6.5. Mat.22.37 Mar.12.30 A. To loue the Lord our God with all our hearts, and with all our soules, and with all our might, & our Neighbours as our selues.

Q. How

Q. How many of them concerne the worſhip and ſeruice of God?

A. The foure firſt: wherein I am charged to yéld vnto God alone, the true and ſpirituall worſhip, which hé hath preſcribed in his Word. Mat. 4.10. Iohn 4.23.

Q. What bee the chiefe branches of Gods true worſhip?

A. They are chiefly ſixe: that is, Knowledge, Faith, Loue, Feare, Thankfulneſſe, and Prayer.

Q. How muſt you loue God?

A. Vnfainedly with all my heart, ſoule, thought, and ſtrength. Mat.22.30

Q. How may this loue appeare?

A. If I cleaue vnto him with my heart, worſhip him with my bodie, honour him with my tongue and life, & carefully kéepe his Sabbaths. Deut.6.13. Ioſh. 22.5. Eſay 58.13 Act.11.23. 1.Cor.6.20

Q. What is the ſumme of the other ſixe Commandements?

A. That whatſoeuer I would that men ſhould doe vnto me, euen ſo I doe vnto them, and that I loue my Neighbour as my ſelfe. Mat.7.12. Iames 2.8.

Q. How may this loue appeare?

A. If I reuerence and reſpect euery man according to his calling, yéares, Com.5.

gifts,

gifts, and coniunction with my selfe.

Q. How else?

Com. 6.7, 8,9,10. A. If I doe tender his life, and euery thing that is dere vnto him: that I doe not willingly so much as let my thoughts wander to his hurt.

Q. Whence come the Graces of Knowledge, Faith, Repentance, and Loue?

1.Ioh. 1.7. Iam. 1.17. A. From God my heauenly Father, the constant Author and Fountaine of all good things.

Q. Doth he giue them to all men?

Verse 5.6. A. No: but to them that aske in Faith he giueth liberally; and vpbraideth them not.

Q. Haue you any sound patterne of holy Prayer?

Gen. 24.12. & 32.9. &c. A. There bee many in the Scriptures, but none comparable to the Lords Prayer, for a perfect patterne, and full direction to pray by.

Q. Rehearse it?

A. Our Father which art in Heauen, Hallowed bee thy Name. Thy Kingdome come. Thy will be done in Earth, as it is in Heauen &c.

Q. Need you vse no other forme but this?

A. Yes

A. Yes: but I must haue an eye to this, and may fruitfully shut vp my particular Prayers in this. Acts 4.24. Mat.6.9.

Q. Why so?

A. Because it containeth whatsoeuer concerneth the glory of God, good of his Church, comfort of my body, and saluation of my soule. Ioh.12.28. Eph. 6.18. 1.Tim.4.4 Luk.18.13 & 23.42.

Q. Are the Creed and Commandements to be vsed as Prayers?

A. No: but in praying wee are to craue strength to beléeue that which is contained in the Créed: and to practise that which is contained in the Commandements. Luk.17.5. Heb.13. 20,21.

ANOTHER FAMILIAR manner of instruction, the most plaine and easie of all the rest, which Parents and Masters may with great fruit propound to their Families, especially *before the Communion.*

Q. Rehearse the Commandements.

A. I Am the Lord thy God, which haue brought thée out of the land of *Law shewing mans*

misery, and the rule of his life.

of Egypt, out of the house of bondage.

1 Thou shalt haue none other gods but me.

2 Thou shalt not make to thy selfe any grauen Image, nor the likenes of any thing, that is in Heauen aboue, or in the Earth beneath, or in the Water vnder the Earth: thou shalt not bow downe to them, nor worship them: for I the Lord thy God am a ielous God, and visit the sins of the Fathers vpon the Children, vnto the third and fourth Generation of them that hate me: and shew mercy vnto thousands in them that loue mee, and keepe my Commandements.

3 Thou shalt not take the name of the Lord thy God in vaine. For the Lord will not hold him guiltlesse, that taketh his Name in vaine.

4 Remember that thou keepe holy the Sabbath day. Six daies shalt thou labour, and doe all that thou hast to doe: but the seuenth Day is the Sabbath of the Lord thy God: in it thou shalt do no manner of worke, thou and thy sonne, and thy daughter, thy man-seruant and thy maid-seruant, thy cattell,

tel, and the stranger that is within thy Gates. For in sixe dayes the Lord made heauen and earth, the sea, and al that in them is, and rested the seuenth day: Wherefore the Lord blessed the seuenth day and hallowed it.

5 Honour thy Father and thy Mother: that thy dayes may bée long in the Land, which the Lord thy God giueth thée.

6 Thou shalt doe no murther.

7 Thou shalt not cõmit adultery.

8 Thou shalt not steale.

9 Thou shalt not beare false witnesse against thy Neighbour.

10 Thou shalt not couet thy neighbours house, thou shalt not couet thy Neighbours wife, nor his seruant, nor his mayde, nor his Oxe, nor his Asse, nor any thing that is his.

Q. Can you keepe all these Commandements?

A. No: I breake them daily, in thought, word, and déed. *Sinne.* Iames 3.2.

Q. How so?

A. Because the Law of God is spirituall, and I am carnall, sold vnder sinne. Ro.17.14.

Q. What do they deserue that keep not the Law of God?

Deu.27.26 Rom.9.23. A. The curse of God, with all the miseries of this Life, and the punishment of Hell fire euer after.

Q. By what meanes, or by whom may we hope to haue deliuerance from this Curse?

The remedy Acts 4.11. A. Onely by Iesus Christ, the eternall Sonne of God.

Q. Shall all men haue deliuerance by him?

Gal.2.20. Acts 16.31 A. No: but onely such as beléue in him.

Q. What is it to beleeue in Christ?

Faith. A. To be truly perswaded in heart, that by him our sins are forgiuen, and we made the Children of God.

Q. Rehearse the summe of your Beliefe?

Summe of Faith. A. I beléue in God the Father Almighty, &c.

Q. How doe men come by Faith?

Helpe. Gal.5.22. Ro. 10.17. A. By the working of the holy Ghost through the preaching of the Word.

Q. How are they confirmed and strengthned in Faith?

Act.20.32. A. By the same Word, and also by the Sacraments.

Q. How

Q. How many Sacraments be there?

A. Two: Baptisme, and the Lords Supper. *Sacraments.*

Q. What doth Baptisme teach and assure vs of?

A. That our sins are forgiuen, and washed away by the sufferings and bloudshed of Iesus Christ, euen as the body is washed and clensed by water. 1.Pet.3.21 Acts 22.16

Q. What doth the Lords Supper teach and assure vs of?

A. That by the same Iesus Christ, our Soules are nourished to eternall life: euen as the body is fed by Bread and Wine to a temporall life. Iohn 6.54.

Q. What meanes must wee vse besides?

A. One speciall meanes that wee are daily to vse is faithfull and hearty Prayer to God in the Name of Iesus Christ. *Prayer.* 1.Thes.5.17.

Q. Rehearse the Prayer that Iesus Christ hath taught vs?

A. Our Father which art in Heauen, &c.

Q. How many Petitions bee there in this Prayer?

A. Fiue: The three first whereof

concerne the Glory of God.

Q. What do the three last concerne?

A. The necessities of our owne soules and bodies.

Q. Why doe we pray first that God may be glorified?

Iohn 12.27 28 Rom.9.3. A. To teach vs that we are to preferre the glory of God before our own good.

Certaine Rules for the direction of a Christian life.

Watchfulnesse. Prou.4.25. Mal.2.16. Luk.12.35 & 22.34. *Redeeming the time.* Eph.5.16. Col.4.5. 1.Cor.7.29 1.Pet.4.23 Psal.90.12 *Lye downe and rise with God.* Psal.3.5. & 4.8.& 37.5 Prou. 3.6. 1.Co.10.31

KEepe a most narrow watch ouer thine owne Heart, Words and Deeds continually, not giuing any liberty to wandring thoughts and lusts

2 Be wise and carefull to redeeme the time, which hath beene wickedly, idely, or vnprofitably spent: bestowing no more time in worldly matters then must needs.

3 At night lye downe in peace, hauing blessed God for his benefits, and reconciled thy selfe to him for the sins of the day past. In the morning let him haue the first place in thy heart, committing thy selfe & all thy wayes to his gracious gouernment, and consecra-

secrating them wholly to his glory.

Let Prayer goe before all businesse Col.3.17. Gen.24.12 Neh.2.4.

4 Go to no place, frequent no company, undertake no business, study or travell whatsoever, without hearty Prayer to God, in the Name of Jesus Christ, for the obtayning of his holy Spirit and merciful protection.

Let Prayer be ioyned with all blessings. 1.Tim.4. 4,5. Mat.14.19

5 In like manner forget not to performe this holy Duty, when thou receiuest any mercy from God: whether it be food, apparell, recreation, or any other thing, tending to the health of the body, or cõfort of thy soule: neither be so bold as to deale with any of the creatures of God, till thou hast prayed and prayed the Creator thereof.

Let Prayer follow the fruition of all Gods benefits. Mat.26.30

6 As Prayer must goe before, and accompany all the blessings of God, so it must follow the fruition of them. And therefore, herein let euery Christian set before him the Example of Christ & his Apostles, who after they had receiued their bodily & spirituall food, & enioyed the cõpany one of another, gaue thanks to God the Father.

In praying, vse the tongue and voyce,

7 And though Prayer be a spirituall thing, and consists chiefly in the attention and earnestnesse of the minde:

Psal.16.9. & 30.12. & 34.1.

yet for the better quickning of the heart and affections, let the tongue & voyce bee vsed as oft as conueniently thou mayst, lest dulnesse and coldnesse creepe vpon thee.

Set aside some time for godly exercises. Gen.24.63 Dan.6.10. Acts 10. 9.

8 If your calling and estate will possibly beare it, let some time of the day bee set apart for priuate Prayer meditation, and reading of the Scripture, or some other choice Booke, that may best further you in knowledge & practice of true godlinesse.

Things to be thought vpon. Ierem. 12. 1,2,3. Ps.107. 43. Abac.1.3. Mat.2.31. &c.

9 Bend your mind to thinke often and earnestly vpon the works of God: as his creating and gouerning the World, prospering or punishing the wicked, blessing or correcting his children in this life: with the eternall torment appointed for the one, and the vnspeakable glory laid vp for the other.

The worke of our Redemption, a speciall worke. 1.Cor.2.6, 7,8,9. 1.Pet.1.12 1.Iohn 3.1 Psal.85.1.

10 But aboue all the Workes of God, thinke vpon the glorious and gracious work of thy Redemption by Iesus Christ: a Mystery that the holy Angels doe admire, and desire to pry into: herein behold the swéet harmony and happy coniunction of the infinite

nite Mercy and Iustice of God, méeting together: and take comfort and delight herein, with Thanksgiuing.

11 Marke the life and behauiour of the wicked, to auoyd their steps; and of the godly, to prouoke thy selfe to a holy emulation of the like course: marke also their death with like diligence; and thinke seriously vpon thine owne death, how thou must shortly lye downe in the dust, & part with whatsoeuer delight thou doest heere enioy: that this may bréed in thée a contempt of the World, and a longing after the life to come.

The liues & deaths of others, but especially of thyselfe, must bee thought vpon. Heb.12.12 Iob.17.13, 14. & 21. 23,24,25. Heb.13.14 1.Thes.5. 22,23. Reuel.2.4.

12 Obserue daily how sinne dyeth and is weakned in thée: and be carefull to shun one sinne, as well as another: and lose not thy first loue (as the most part do) and delight in the Word and Worship of God, & in the fellowship of his Saints: but mourne and striue against thy sinnes, renew thy Couenant with God for that end.

Our couenant made with God, must bee renewed. Psal.26.8. & 16.3. Neh.9.28. Ps.119.106

13 When you be in company, haue a care to receiue and doe good, and not hurt, either by your spéech or silence, countenance or example: and auoyd,

In company beware of breaking the third & ninth Commãdements.

Eph. 4.29. & 5.4. Deu.28.58 as rockes, swearing, and back-biting, and the like common sins against the third & ninth Commandements. Let not God, or any word or worke of his bée mentioned but with feare: or any man named, but with loue and due regard of that royall Law, *What soeuer yee would, &c.*

Mat. 7.12.

Mens walking in their particular callings, the Touch stone of Religion. Titus 2.10 1.Pet. 3.4. 1.Tim.2.10 Mat.23.25 26,27,28. Ier.7.9,10, 11. Eph.5.25. & 6.5,6,7, 8,9.

14 Amongst all other things séeke to approue thy selfe to God, his Children, and thine own conscience, touching thy charge and behauiour in that particular place, and calling wherein God hath set thée, and towards those persons with whom God hath ioyned thée: as, if thou be a seruant, in obeying thy Master, seruing him with feare, and singlenesse of heart: if a Master, in guiding thy Family according to the Word: if a husband, in louing thy wife without bitternesse: if a wife, in reuerencing thy Husband.

Take heed of performing holy Duties for fashion sake. Heb. 3.12. 1.Tim.3.5. Heb 4.2.

15 Finally, because the corrupt nature of man is so prone to prophanenesse and hypocrisie; that when men are once come so farre as to vse the outward exercises of Religion (without marking in what manner, with what

what feeling, fruit and profit to their soules they vse the same) they please themselues: take heed of this deceit of Satan, and keepe thy soule with all diligence, that these duties be not made matters of course & custome, without care and conscience to grow better thereby: Esay 1.11, 14. Mat.15.8. Reu. 3.15.

THE FORMER RVLES expressed in meeter by a godly *Minister*.

A

ACquaint thy selfe, most narrowly, *Prou. 4.25.*
Thy mind and heart and life to watch: *Luke 21.34*
Left idle thoughts and noysome Dreames *Ios.7.21.*
Doe wicked lusts and dealings hatch. *Gen.39.7.*

B

Be wise and carefull to redeeme *Ephes.5.16.*
Thy precious time to holy deeds *Psal.90.10*
Let not these earthly matters base *Mat.6.33.*
Consume more houres then they must needs. *Luke 10. 41,42.*

C

Call to thy mind (when night is come) *Psal.55.17.*
Thy sinnes that day, to craue release: *Dan.6.10.*
Thinke on Gods fauours, him to prayse, *Psal.4.8. & 6,6.*
That so thou mayst lye downe in peace. *Ruth 3.13.*

D

Doth Morne approch and sleepe depart? *Gen.28.16, 17,18,19,20*
First lift thy mind to God on high:

Com-

*Ps.*90.14, Commit thy selfe and wayes to him,
15.& 27.8 And vow to serue him faithfully.
*Gen.*24.12. E
& 32.32. Enter vpon no kind of worke,
1.*Sa.*17 37 But craue Gods Spirit thee to direct,
*Nehe.*1.10. Goe to no place nor company,
& 2.4. But pray, From ill, Lord, me protect,
1.*Tim.* 2.4. F
1.*Sam.*9.9. Forget not, when thou mean'st to vse
*Mat.*14.19 Gods Creatures, or his Mercies sweet,
*Mar.*6.31. For Soules delight, or Bodies health,
*Deut.*8.10. To craue his leaue and blessing meet.
& 32.15. G
Psal. 68.19 Giue vnto God due thankes and prayse,
*Mat.*26.30 When comfortable vse thou hast
Iohn 4.24. Of any of his blessings good;
*Exo.*14.15. Or else he counts them spent in waste.
1.*Sa.* 1.15. H
*Ps.*5.2,3. Hold this for sure, that in true Prayer
&16,9. The hearts desire is chiefest thing,
&30.12. Yet voyce will helpe the same to warme,
*Ps.*119.164. And banish dulnesse and wandring.
*Gen.*24.63. I
*Psa.*55.7. (If possibly thou canst it find)
*Dan.*6.20. Set out some time of euery day
Prou. 16.4. To muse, to pray, and reade good Bookes,
*Mat.*10. That grace and conscience increase may.
29,30. K
Iob 9.21. Keepe heart and mind much bent to thinke,
Eccles. 9.2. How God hath made and ruleth all;
*Mat.*25.33 How here he deales with good and bad,
2.*The.*1.6,7 How differ in the end they shall.
*Esa.*53.1,2 L
3,4.&c. Like best to ponder Christ his Workes;
*Rom.*5.7,8. How he thee sau'd from Sinne and Shame;

And

And made thee heire of Paradise: 1.*Cor*.2.2.
Delight therein, and prayse his Name. *Gal*.6.14.
M *Phil*.3.8.
Marke well the liues of good and bad: *Ps*.37.37.
Consider eke the ends of both, *Mat*.25.46
To mooue thee for to imitate *Heb*.13.7.
The vertuous Man, and Sinners loath. *Luk*.16.22.
N *Ia*.5.10,11.
Nurture thy soule with thoughts of death, *Ps*.39.4,5,6
That needs thou must from hence remoue, *Heb*.9.27.
(Leauing thy wealth and dearest things) *Ec*.2.18,19
To fixe thy minde on Heauen aboue. *Luk*.12.20.
O 31.*&c*.
Obserue how thy corruption dyes: *Gal*.6.14,15
Let not thy dearest Sinne deceiue thee: 2.*Cor*.4.16.
Why shouldst thou count that sweet or good, *Ephe*.4.21.
Which may of glory quite bereaue thee? *Iob* 20.12,13
P *Mat*.5.29.
Practise Gods worship with delight: *Gen*.31,34.
Ioy in the godlyes company: *Mat*.16.16
With God thy couenant oft renew: *Deu*.28.47.
Mourne for thy Sinne, and it defie. *Psa*.119.63
Q *Psal*.39.1.
Quench not thine owne or others spirit, *Zach*.12.10
By idle or vnsauoury speech; 1.*Thes*.5.19
Let thy behauiour euery-where, *Ep*.4.29.30
All good, no ill, to others teach. *Ezec*.13,22
R *Mat*.5.16.
Rehearse no Name, no Worke, nor Word *Titus* 2.3.
of God, without high reuerence: *Exod*.10.7.
Speake of nō man but louingly, *Deu*.28.58.
Although it be in thy defence. *Exo*.20.16.
S *Psal*.15.3.
Seeke to approoue thy selfe to God, *Acts* 24.16.
Thy Conscience, and Gods Children deare, 1.*The*.4.14

By

2.Thes.3.6. By dealing in thy calling, and
Eccles.5.22 With such to whom thou art most neere.
25.&1.5,9

T

Exod.10.7. Take heed, lest Satans craft (by meanes
Ephes.6.12 Of Natures bent t' Hypocrisie
Ier.17.7. And to Prophaneness) make thee vse
Ro.5.15,16 Religious Duties formally.

V

Mat.15,8. Vse not the same for fashions sake.
&6.5,6. Or for thy credit, but with care
Acts 5.29. Thy God to please, that in the end
Mat.19. Both soule and body well may fare. W.L.
28,29.

Graces before Meate.

MOst Gracious God and loving Father, we humbly beseech thée to forgiue vs all our sins. Be present with vs & blesse vs, & all thy good creatures prouided for vs. Giue vs grace to receiue them thankfully as frõ thy hand, and to vse them soberly as in thy sight, to thy glory & our owne comfort, through Iesus Christ our Lord. Amen.

Blesse, good Lord, thy holy Church, our gracious King, his royall Family, and Realme, and send vs eternall life through Iesus Christ our Lord.

Another.

HEauenly Father, we humbly beseech thée to pardon all our sins, where-

wherby we haue made our selues vnworthy of the least of thy mercies. Let not thy good creatures prouided for vs, be an occasion of dishonoring thée; disordering our selues, or offending our Brethren, but so sanctifie them to vs, & vs to a wise & sober vse of them, that we may therby be made more fit to do thée seruice, procure ye good of our Brethrē, & follow ye duties of our callings, to thy glory and our owne saluation, through Iesus Christ our Lord. Amen.

Blesse good Lord, &c.

Another.

MErciful Father, we humbly beséech thée to forgiue vs our sins. Vouchsafe, good Lord, so to blesse our méating, meat and drinkes, that thereby our health may be continued, brotherly loue increased, and we made euery way more able & willing to walk before thée in Duties of Christianity and our callings, to thy glory, our own saluation, & the good of others, through Iesus Christ our Lord. Amen.

Another.

LOrd, we beséech thée to pardon our sins, and sanctifie the foods which

thou

thou hast prouided for vs. Grant that hauing so many pledges of thy loue, we may blesse thee in our hearts, and in all our behauiour, to thy glory, and our owne Saluation, through Iesus Christ our only Mediator & Aduocate.

Graces after meate.

WE humbly thanke thée, O Lord heauenly Father, for refreshing our fraile bodyes with thy good Creatures, beséeching thée likewise to féed our soules with thy liuely word, that we may glorifie thée, both with our soules, and with our bodies, through Iesus Christ our Lord.

Lord, blesse thy Church, &c.

Another.

HOnour & prayse be vnto thée, O Lord heauenly Father, for al thy mercies bestowed vpon vs, and for the fode wee haue now receiued of thy bountifull hand. Make vs thankful for it, & giue a blessing to it: that thereby our health and strength may be continued for the better performing al holy duties of Christianity, & our seuerall callings, to thy glory, and our comfort through Iesus Christ our Lord.

Another

Another.

BLessed bee thy Name, most gracious God and loving Father, for feeding vs now and at all times. We beseech thee to pardon and passe by all our sinnes and infirmities, whereby heretofore and at this time wee haue offended thy Maiesty, and grant that wee may hereafter keepe, and more carefully watch ouer our hearts and wayes, to thy glory and our comfort, through Iesus Christ our Lord.

Another.

BLessed Lord, wee beseech thee to make vs truely thankfull to thy Maiestie for all good things, and for thy loue the fountaine thereof, and for Iesus Christ the foundation of thy loue, & for all other fruits and tokens of thy fauour, and for the food we haue now receiued: which wee pray thee so to blesse vnto vs, that wee may be the fitter to doe thee seruice through Iesus Christ our Lord,

Amen.

FINIS.